

## Winter Institute Workshops 2022-23

### Art in Poetry Workshop

November 19 from 9 AM-noon & January 28 from 9 AM-noon

Discover how you can blend art and poetry. Create imagery on existing pieces of text from books, magazines, or newspapers, and arrange the words to come up with original poetry! Determine the theme of your written text and translate that theme into imagery and poetry. We will explore materials like markers and paint, and get creative with collage art and mixed media. The perfect mesh of drawing, analyzing, creativity, storytelling, poetry, and more!

#### **Instructor: Hannah Donkin**

Hannah Donkin is in her second year of teaching Design 1,2 at SHCP. She is also part of our library staff on campus. She received her BFA at San Francisco State. Her artistic background and experience in the library have her constantly looking for ways to blend these interests into her teaching. Originally from the Central Valley, Ms. Donkin enjoys spending her weekends finding exciting new cuisines and restaurants around the city.

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### Robotics Workshop

December 10 from 9 AM-noon & January 28 from 9 AM-noon

Building a Stranbeest Model: A Wind Powered Walking Robot

For this workshop, each student will be assembling their own fully functional Stranbeest model capable of walking powered only by the wind. We will be exploring how gear ratios and mechanical systems (like a crank and slider) are incorporated into the model to move all 6 legs of the Stranbeest with even a gentle breeze. Students will be able to take their models home to share what they have learned with their families at the end of the day.

#### **Instructor: James Robertson**

Mr. James Robertson has been teaching science and robotics for nearly two decades, and he is currently teaching physics and robotics at Sacred Heart Community Preparatory. During his time at his previous school, he developed a robotics pathway with three leveled courses that included, mechanical engineering, autonomous robotics, and competitive robotics. Along with experience in robotics, Mr. Robertson has also contributed to the field of conservation biology, and he was a contributing author to the textbook "An Introduction to Methods and Models in Ecology, Evolution and Population Biology."

## Writing Workshop

December 10 from 9 AM-noon

Explore the power of words and narration. Maya Angelou says, “The writer has to take the most used, most familiar objects— nouns, pronouns, verbs, adverbs — ball them together, and make them bounce.” Join us for creative writing exercises that loosen up your imagination while stretching your descriptive writing muscles; work with fellow writers to develop an original voice and a constructive ear.

We will flex our writing muscles with collaborative exercises, prompts, and journaling to help craft original poems. No prior writing experience necessary, just a willingness to make your words bounce!

### **Instructor: Clarissa Mendiola**

Clarissa Mendiola joined SHC in 2013 and has served in the Office of Communications, and as an instructor in the Summer and Winter Institute programs. She currently serves as an Instructor of English. Clarissa has a BA in Marketing from the University of San Francisco and an MFA in Writing with a focus in Creative Non-Fiction and Poetry from California College of the Arts. She was a 2011 Hedgebrook Writer in Residence and her work can be seen in various journals and publications including As/Us, Literary Hub, Indigenous Literatures of Micronesia, Indigenous Pacific Islander Eco-Literatures, and The Long Devotion: Poets Writing Motherhood.

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## Marine Biology Workshop

December 10 from 1-4 PM & January 28 from 1-4 PM

Ever wonder what life is like for a sea otter, or what it’s like to live on a coral reef? Do you think you may want to be a marine biologist someday? Dive into the exciting world of marine science. Through labs, videos, and activities we will take ourselves under the surface and learn about the ecology of marine systems. Together we will learn about the biology of some of the most charismatic species in the food web and how we humans have impacted those environments.

### **Instructor: Amy Kleckner**

Amy Kleckner is going into her 6th year teaching science at Sacred Heart Cathedral. She earned both her Bachelor of Science and Master of Science degrees in Marine Biology from San Francisco State University. Prior to teaching at Sacred Heart Cathedral, Amy was a research marine biologist with the U.S. Geological Survey. Her primary research interests were invasive species, food web dynamics, contaminant effects on aquatic environments, and water quality. Amy also enjoys playing tennis and is learning to speak Italian.

## **Sports Medicine Workshop**

December 17 from 9 AM-noon

Students will be exposed to information about different career opportunities in Sports Medicine/ Kinesiology/Health Care. The class will consist of lectures and hands-on labs: orthopedic and other injury evaluations, treatments and rehab: taping, bracing and splinting; and CPR/AED demonstration.

### **Instructor: Oscar Melero**

Mr. Melero is in his 24th year as Head Athletic Trainer and 4th year as Director of Sports Medicine at SHC. He provides comprehensive care for over 750 student-athletes in all 56 teams. In addition, he is also the Sports Medicine Club Moderator and AED Emergency Response Director. He is a board Certified Athletic Trainer, Certified Strength and Conditioning Specialist, Corrective Exercise Specialist, Concussion IMPACT Trained Athletic Trainer, and a certified instructor in First Aid/CPR/AED.

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## **Architectural Design Workshop**

December 17 from 9 AM-noon

In this course, students will learn classical and contemporary principles of Architectural design. We will examine the solidity, usefulness, and beauty of famous works of architecture and their tactics of design. Students will understand what it takes to build different types of structures and how these structures can work with the surrounding space and light. Inspired by their exploration, students will design and create their own example of ingenious architectural design.

### **Instructor: Nick Hren**

Nick Hren began his tenure at SHC in 2015 and is currently the Director of the De Paul Scholar Program. In addition, Nick is an Instructor in Religious Studies and Social Studies, and the moderator of the Film and Philosophy Club at SHC. Nick holds a Bachelor's Degree in Philosophy from St. Norbert College and a Masters Degree from the Jesuit School of Theology at Santa Clara University. In his spare time, Nick loves playing basketball, hiking, backpacking, and exploring the outdoors.

## **Entrepreneurship Workshop**

December 17 from 1-4 PM & January 7 from 9 AM-noon

This workshop is geared toward creative thinkers who want to learn how to focus their energy on solving real-world problems and making ideas a reality. You will be introduced to the key steps in the process of taking an idea, refining and developing it, and turning it into a pitch that can be presented to VCs, the Sharks, city leaders, and parents. Along the way, you'll get a quick view of the fundamentals of starting your own business or organization while keeping in mind that we may have to start small, but we will also dream big. You will have an opportunity to present your pitch to the other participants at the end of the workshop.

### **Instructor: Dabney Standley**

Standley's background includes six years of teaching, right out of college, at independent schools on the East coast, followed by twenty years working for high technology companies. His work with tech companies began in graduate school at NYU where he consulted for Verizon's research and development division prototyping possible uses of digital technology in the classroom. Before returning to teaching many years later, he led product development projects, honed corporate strategies, and consulted for a number of companies, including Apple, McGraw-Hill, and SRI International, as well as a couple of UK-based start-up companies. Having taken twenty years to figure out how and when to return to the classroom, Standley is now in his 11th year at SHC and is still thrilled to be back teaching. He is the Director of the Inquiry and Innovation Program, teaches computer programming and history classes, and is a faculty advisor to the Student Launch Initiative.

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## **Songwriting Workshop**

December 17 from 1-4 PM

This course will provide students with a framework for the art of songwriting. We will examine the rudimentary elements of songs, including rhythm, melody, harmony, lyrics, and form, which will then give us the tools to write our own songs. Whether or not you play an instrument or sing, you are welcome to participate in this course. All you need is a curiosity to learn more about the music you hear around you every day and a desire to flex your creative muscles!

### **Instructor: Lindsay Rader**

Lindsay Rader is the collaborative pianist for the choral department at Sacred Heart Cathedral. Before recently moving to San Francisco, she completed her Master's in Music Theory at McGill University in Montreal. In addition to playing piano for SHC, she is also involved with the SF Opera Guild and loves to compose music. She can't wait to make music with students this winter!



## Life Sciences Workshop

January 7 from 1-4 PM

We don't need to look far to find great examples of Biology in our daily lives! Let's spend some time exploring the life sciences of our larger California ecosystem! We will learn about some basics of wildfire science and some historical strategies for mitigating wildfires. Afterwards we will conduct a lab where we test various fire management solutions to broaden our understanding of the interconnections of the world around us.

### **Instructor: Francesca Zambrano**

Francesca Zambrano teaches Biology and Honors Biology to juniors at SHC. This is her 8th year as a high school science educator in San Francisco. An Alameda native, she studied Biological Sciences at UC Davis and completed her Master's of Arts in Teaching at University of San Francisco.

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## Math Workshop

January 14 from 9 AM-noon

In this workshop students will visit a variety of topics from middle school that are essential to high school success such as integers, algebraic thinking, as well as coordinate graphing. Students will take home a digital artifact to show what they learned in the class.

### **Instructor: Marty Joyce**

Martin Joyce has taught all levels of middle school math and is delighted to join the SHC staff this year teaching Algebra 1 and AP Computer Science Principles. He believes in inquiry-based learning with rich class discussions to deepen conceptual knowledge. In his free time he likes to spend time with his wife and two daughters and go on hikes with his dog.

## **Studio Art Workshop**

January 14 from 1-4 PM & February 4 from 1-4 PM

Beginning and advanced students are invited to the Sacred Heart Cathedral Studio Art Workshop to learn and hone in on their artistic skills. They will learn various drawing and painting techniques. Young artists will create an acrylic painting with a cartoon street style approach.

### **Instructor: Brian McHugh**

Mr. Brian McHugh teaches Art 1,2, Art 3,4, Design 1,2 and AP Studio Art at SHC. He has worked as an illustrator and fine artist. He studied in Philadelphia at both University of the Arts and Pennsylvania Academy of Fine Art before settling in San Francisco and receiving his Bachelor's of Fine Arts from the San Francisco Art Institute. He began teaching art in San Francisco 21 years ago at Woodside International High School.

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## **Makers Workshop**

January 21 from 9 AM-noon

This hands-on workshop is all about creating and making cool things with a wide range of digital and analogue tools. Our young makers will be working with a variety of mediums and will get a chance to explore and develop their own creativity while having fun with others. Be prepared to show your creative side, and start tinkering with everyday household supplies to make some cool projects.

### **Instructor: Tricia Constantino**

Ms. Tricia Constantino is in her 21st year as a math teacher at Sacred Heart Cathedral. She is currently an Instructor in Math and Senior Council Moderator. 5 years ago, she started a class known as Making, Hacking, and Tinkering: Engineering and Physics for upper division students. The Maker Workshop is a small glimpse of this course.

## **Acting Workshop**

January 21 from 9 AM-noon

Come explore the art of acting. Students will learn how to fine-tune the tools of the actor through the exploration of short scenes, character development, and audition techniques. This workshop is designed for all students, from beginning actors to those who might have a little more experience.

### **Instructor: Spenser Morris**

Spenser Morris is the Director of Dramatic Arts at Sacred Heart Cathedral. He has been teaching for 13 years and is involved as both a performer and technical designer. He earned his BA in Theater from The Ohio State University and received his MA in Production and Design from Southern Oregon University. He participated in Teach for America in the Mississippi Delta following the opening of his non-profit Children's Theater Program in Ohio. He looks forward to getting creative with our campers this summer!

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## **Industrial Art Workshop**

January 21 from 1-4 PM

This will be a hands-on course using power tools, welding and metal fabrication in SHC's Sister Caroline Collins, DC, Theater Shop. Our focus will be on learning how to build with confidence and safety. No prior building and fabrication experience is necessary.

### **Instructor: Tim Mahoney**

Tim Mahoney is the Technical Theater Director at SHC. He has worked for over 15 years in the theater and has worked in both professional theater and community theater all over the Bay Area. He has over 30 years experience in both the computer design and construction industries. He is focused on teaching students all aspects of building, from soldering electronics to major construction and engineering.

## **Musical Theater Workshop**

February 4 from 9 AM-noon

If you enjoy performing, you'll love this workshop. Together, we will explore a variety of vocal techniques, including musical theater, pop, gospel, classical; whatever you are interested in! Basic music theory will be discussed. You'll learn to use your voice to portray emotion and develop character. Are you a song-writer? We will also discuss how to write lyrics and compose music. You'll learn how to confidently select music and prepare for auditions. Under the caring guidance of Mr. Kerschner (Director of Choral Studies) students will perform with an ensemble of current SHC choir and theater students, and have an opportunity for solo work as well. Whether you have tons of vocal/acting experience, or if this is your first time performing, everyone is welcome!

### **Instructor: Michael Kerschner**

Michael Kerschner is the Director of Choral Arts here at Sacred Heart Cathedral, where he conducts the advanced choral ensembles and teaches AP Music Theory and AP Art History. Michael is also the Music Director for SHC's annual musical. He has an BS in Music Education from Duquesne University, an MM in Choral Conducting from the University of North Texas, and an MFA in Interdisciplinary Arts from Goddard College. He has directed choirs in performances around the world to high acclaim, and he has been the musical director of over 25 high school musical productions. His goal is to help his students unlock confidence and creativity so that they can experience the joy and freedom of expressing themselves through song.

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## **Literature Workshop**

February 4 from 9 AM-noon

In this session, students will examine early literary treasures from across the world. We will draw out themes and analyze what value storytelling and written word has had on our early civilizations and contemporary imaginations. Students will read and explicate passages together and gain understanding of literary techniques and styles and their value in expression even amidst contemporary momentum of imagistic/technological communication.

### **Instructor: Nick Hren**

Nick Hren began his tenure at SHC in 2015 and is currently the Director of the De Paul Scholar Program. In addition, Nick is an Instructor in Religious Studies and Social Studies, and the moderator of the Film and Philosophy Club at SHC. Nick holds a Bachelor's degree in Philosophy from St. Norbert College and a Masters Degree from the Jesuit School of Theology at Santa Clara University. In his spare time, Nick loves playing basketball, hiking, backpacking, and exploring the outdoors.

## **Makers Workshop**

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### **Instructor: Mariflor Medrano**

Mariflor Medrano is going into her seventh year at SHC teaching Physics and AP Computer Science Principles during the school year and moderates a couple of clubs on campus. She is excited to be making things again! She received her degrees from UC Santa Cruz and USF. During her off time, she can be found dancing with Parangal Dance Company and trying new restaurants all over the Bay Area.

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## **Writing Workshop**

February 11 from 1-4 PM

Explore the power of words and narration. Maya Angelou says writers take the most familiar objects-nouns, verbs, adverbs-ball them up and make them bounce. Join us for creative writing exercises that loosen up your imagination while stretching your descriptive writing muscles; work with fellow writers to develop an original voice and a constructive ear. We will play with several genres before focusing on the planning, drafting and revising of a short work of fiction. You will work online to finalize and publish your writing in SHC's literary journal, the Oracle. No prior writing experience necessary, just a willingness to make your words spin!

### **Instructor: Stewart Grace**

Stewart Grace has been with Sacred Heart Cathedral since 2015 and serves as an English teacher at SHC. He has a BA in English and Creative Writing from the University of Virginia, as well as a Masters in English and PhD in Literature and Creative Writing from the University of Southern California. He is the author of a hand-bound chapbook of poems, formerly served as Poetry Editor for Canteen Magazine, and now moderates the Oracle at SHC.



## **Speech & Debate Workshop**

February 18 from 9 AM-noon

Students will be introduced to competitive Speech and Debate. They will practice foundational public speaking skills within the constraints of actual National Speech and Debate Association (NSDA) events. Whether their goals are to compete in speech or debate in high school, to sharpen academic skills, improve self-confidence in public speaking, or simply to debate an issue around the family dinner table, students will come away with the essential skills and understandings of how to research a topic, construct an argument, and deliver a speech. The workshop is designed to support students with any and all of these goals. Activities will include researching and delivering a speech and constructing arguments for a debate round.

### **Instructor: Johny Hong**

Mr. Hong is an instructor of Social Studies at Sacred Heart Cathedral Prep. He is in his first year of teaching and coaching SHC's Speech and Debate Team. To that role, he brings prior experience as a teacher, coach, and student competitor at Bellarmine College Prep. He looks forward to middle schoolers to this unique co-curricular activity.